

LIFESTYLES REVISITED:
EDUCATIONAL EXPERIMENTS
IN INTERGENERATIONAL
ENVIRONMENTS



Education and Culture DG

Lifelong Learning Programme

LIFESTYLES
REVISITED



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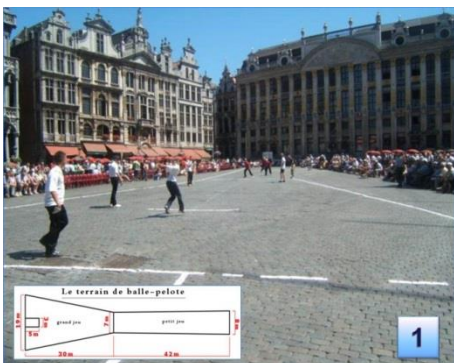


BELGIUM

ZEBRA FORMATIONS



BALLE PELOTE



Balle pelote or jeu de paume is played on an asymmetric pitch in streets or public squares (called “ballodrome”) and watched by crowds and supporters of both teams. The hard ball is hit back with the hand directly or after one bounce by the opposite team (5 players). Scores are almost similar to those of tennis. The objective is to throw the ball as near as possible to the far boundary making it difficult to hit back. Only those who know the game seem to understand what is happening. The original game dates from the early XIV Century in the provinces of Hainaut and Brabant. It later evolved with Spanish prisoners playing with a softer ball in the Tournai military barracks (1813). The photo represents a game on the Grand Place of Brussels.

<http://www.youtube.com/watch?v=89fQm1rNgcY>
<http://www.brusselslife.be/en/article/brussels-town-pelota-grand-prix>

CUISTAX



Cuistax is the name of a riding machine with more than two wheels and pedals and seats for each person (up to 8 or 10) which is rented at the Belgian coast for fun riding on the sea front promenade. It is the contraction of two words: “cuisses” meaning thighs and “tax” (from the Greek taxis or ταξι) referring to paid transport. Today more and more villages organise Cuistax races in the streets. They are extremely popular with younger persons, but not exclusively.

<https://www.youtube.com/watch?v=lmRoxJkVM3c>

LISTENING AND WATCHING THE STAG BELLOWING



This leisure activity can only be done in autumn when the stags of the Ardennes forests bellow to call the females (about a dozen) during the rutting season. Special excursions are organised in the region of Saint Hubert (Wallonia) with the help of a nature guide. This leisurely activity requires a lot of patience and skill to get as close as possible from the stag without making it flee or become aggressive. The mating call bellowing is very impressive.

<http://www.ftlb.be/en/agenda/evenement/liste.php?evecat=3>
<http://www.youtube.com/watch?v=oC2nfAJLXZ4>



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VERTICAL POLE ARCHERY



Vertical pole archery or popinjay shooting is also called popinjay (from the old French papegai or papegault, meaning parrot). In parks or sports fields people spend some time watching vertical pole archers who belong to several clubs, the survivors of the 15th Century guilds created in Flanders. It first appeared as an Olympic discipline in 1920 in Antwerp.

Pole archers shoot at vertical targets known as “birds” (feathers) mounted in metal pins situated at the top of a 35 m high perch. International competitions often take place between Belgium, France and the Netherlands. Belgian archery is popular among Canadians with Belgian ancestors.

<https://www.youtube.com/watch?v=3PEvCPrG3Os>
<https://www.youtube.com/watch?v=G2ngOmcCGSg>

JOGGIN



Jogging and marathon races are popular in many countries, if not in all. Brussels organizes its mass 20km race in the city every year open to all generations. The 34th edition takes place on the 26th May 2013.

There are about 30 000 runners. Young and old run everywhere in towns, parks and across the country in all kinds of weather, alone or in groups. Some run for fun, some to keep fit, some to fight stress, some run to support a cause.

<http://www.youtube.com/watch?v=XOPr2yYjSs>



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ITALY

GIOVANNI PASCOLI
Lower Secondary School Center
for Adults Education - Fassano




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SEA URCHINS



Spring... Sea... Sun... What's the best way to spend a beautiful day on the seaside? Apulian people of every age usually go eating sea urchins. This special tasty and delicious seafood is always accompanied by hot and crunchy bread that people taste along our rocky seaside.

PICKING UP "CICORIELLE"



The contact with the nature is one of our main activities as we usually pick up "le cicorielle" (little chicories) that grow spontaneously in springtime or after a cloudburst. They savour rather sour, however they are the best side dish of our Mediterranean Diet. It's an activity for adult people, because young people don't like doing it.

RACES OF BEARING WHEEL CARS



It's a race for teenagers and young people. It's about small and rudimentary cars made up of recycled objects. The carriage is handmade by the driver himself. He sits inside the small car and can drive it without an engine.

It's taken on a high ground so he can curb by his own feet up to the end of the path.



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THE FILET



One of our oldest traditional hobby is the filet crochet, that has been rediscovered by the new generations. Needle and thread create beautiful embroideries thank to the knowledge of old women and the skills of the young ones. The production of these handiworks is now a great hobby which stimulates the personal creativity of old people and, in the recent times, young people too.

WALKING



We usually stroll in the countryside admiring the beauty of our landscape, discovering the nature and its treasures far from the noisy cities. This is one of our most popular hobbies for groups of friends and families, as it gives us the best energies to face our everyday life.



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LUXEMBOURG

CLUB SENIOR
NORDSDAD



NATURE ACTIVITIES



Promenades, Fishing, to chase wild forest animals, Gardening, beekeping activities with domestic animals : dogs, horses, ...

Very popular are nature activities in Luxembourg, because we are living very close to nature. We don't have much industrie and cities and villages are very small. Most People are living in their own houses and have got a gard with vegetables and fruits.

They can hold animals because there is enough space.

Our landscape is really beautiful and the climatique situation is comfortable. Making Promenades is healthful, relaxing and without costs.

ENGAGEMENT IN DIFFERENT ASSOCIATIONS



Playing Musicinstruments, Playing Instruments in an Orchester, Singing in a choir, mostly in church choirs, Sports, etc.

Nearly all people in Luxembourg are member in minimum one association. Associations are very popular in Luxembourg. Nearly all village has got plenty of associations. Nearly all village has got it's own Orchester with brass instruments. Playing brass instruments is as popular as singing in the church choir. Often Families with 3 or more Generations are member in traditional Associatons of their villages.

The reason: People participat in activities near their homes, in the villages.

Often children starts by attending their parents.

SOCIAL ENGAGEMENT



Volontariat in first aid ward, fire brigade, visiting old and ill people, collecting money for special needs, and so on

The rescue services in Luxembourg are based on the work of volunteers. This is a big responsibility. The distances in our rural region are often very long. Nearly all village has got it's own fire brigade to make sure, that there is possibility to help in urgent situations. To drive the ambulances also volunteers take part in special trainings to get competences they need to do this job.

For collecting money people in different villages organize special events like Festivals, Games, comun Meals, and so on...



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RESULTS OBTAINED FROM THE VARIOUS WORKSHOPS AND ACTIVITIES IN TERMS OF LEARNING / TEACHING PEDAGOGY AND IG EXPERIMENTS



The today Senior Generation is used to play cards. We have got typical luxembourgish card games, like: Konter a Mat.

Also very popular is playing ninepins.

The younger generation prefer to play social games in groups. They have got meetings with friends to play complex and difficult strategie games.

Also the younger Generation plays electronic Games on PC, PlayStation, etc.

ASSESSMENT OF THE DEGREE OF ADAPTABILITY OF THE ACTIVITIES TO DIFFERENT INSTITUTIONAL AND ORGANISATIONAL CONTEXTS



Sewing, Drawing and Painting, traditional Handicraft (laces, embroidery,...), Woodworking,...

During springtime and autumn we find Art and Hobbymarkets in the villages.

All Artist can show and sell their products. This is very popular for privat persons.



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POLAND

FUNDACJA
POMOCY NIEWIDOMYM



SPENDING FREE TIME WITH NEIGHBOURS



There are communities connected by collective house building. They organise „housing estate’s birthday in the June’s weekend” every year to celebrate the anniversary of settlement in the housing estate. On the average it lasts three days - from Friday to the Sunday evening.

Apart from the feast, barbecue and beer, competitions such as tug-of-war ropes and karaoke contest are organised.

CANOES



One of the ways of spending weekends is to take advantage of the beauty of nature and lend a canoe. It is popular all over the Poland and numerous canoeing trips are organised during the summer. Implementing one of the projects by Foundation - the blind students actively resting on the river kayaking.

ALLOTMENTS OR SO-CALLED WORKER’S GARDENS



Allotments or so-called worker’s gardens are owned by approx. one million Poles but entire families (estimated number of 4 million people which stand for almost 10% of total population) benefit from allotments’ growing and leisure possibilities. Gardens constitute the so-called green lungs of the cities. They also satisfy the longing for ground, fill time free of professional activities and make it possible to stay fit thanks to the work in the fresh air. Barbecue is integral part of allotments’ leisure activities – possible not only on private properties but also in open areas,

for instance in designated places at the city parks.



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CHOPIN CONCERT HELD IN WARWAW, NEAR THE CHOPIN STATUE



Recitals in Lazienki Park have their own history and have been modified in various ways. Originally, the concert season began by playing one of Chopin's concert accompanied by the orchestra. In the '70 additional concerts with the music of Chopin's contemporary's composers were organised in the evenings. Even in the '80 the later concert (back then at 5:00 pm) had a form of works comprising text and music with the contribution of famous Warsaw actress and actresses reciting romantic poetry.

These days it has the form of two classical Chopin recitals at 12:00 and 4:00 pm, every Sunday from May to September. The vast popularity of the Lazienki Park concerts among tourists and Warsaw citizens shows that it was a good decision.

FAWORKI



Polish traditional sweet crisp biscuits, the ribbon shaped, fried, and sprinkled with powdered sugar. Usually eaten during the Carnival and on Fat Thursday or Shrove Tuesday - the Tuesday before The Ash Wednesday. It is made of dough with cream and fried like donuts. Very popular in Poland during the Carnival. They are not complicated to prepare. Even the girls from the Centre for the Blind in Krakow are trying their hands at it, with the help of supervisor.



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PORTUGAL

DON SANCHO I
SECONDARY SCHOOL



PLAYING THE CARD GAMES IN PARKS OR GARDENS



Retired men living in towns prefer to spend their free time playing card games in parks or gardens. It's common to see groups of men sitting on benches involved in this activity. As most elderly men are not used to do any housework at home, this is a way of spending the time they have on their hands.

SURFING



With such a long coast and areas with giant waves, surf is becoming a widely practiced sport, by young and not so young alike, at the weekend or as a way to unwind after a difficult day at the office.

UNIVERSITY STUDENTS PARTY



When they finish their courses, University students organize a big party to celebrate their graduation. The party is called "Queima das Fitas" and it means literally, the burning of the ribbons, which they have inserted in a portfolio they always carry to formal festivities all through their studies. The ribbons have the colours of each course. By burning them, the students mean to show that their studies have come to an end.

For this party, each course spends many weeks building a car which will then follow a pre-determined circuit around the town, while the students, seniors and juniors, drink way too much, act small sketches and sing along.



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BULLFIGHTS



Loved by many, hated by many others, bullfights have been a controversy issue in Portugal for many years. Some municipalities have totally banned the fights while others, in *Alentejo* region, even permit the killing of the bull. Oblivious to all of this, men women and children still watch bullfights regularly. According to them, it is a nice way of spending a free summer afternoon.

COFFEE IN GOOD COMPANY



Due to the frequent sunny weather, the reasonable prices of drinks and the chatty personality of the Portuguese people, many like to go out and have a cup of coffee or tea at a café, outdoor, if possible. It is more a sociable habit rather than a necessity, as most people now have some sort of coffee machine at home. Even so, they prefer to have their morning or afternoon coffee in good company.



SPAIN

PERMANENT UNIVERSITY OF THE UNIVERSITY OF ALICANTE



CULTURAL TRIPS



Trips with a marked cultural character are the most extended leisure activity for seniors in Spain. In those trips, they can enjoy other's company while discovering new places where they can visit Natural Sites (visitspain.com) monuments, museums and exhibitions.

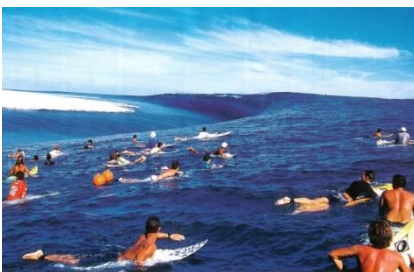
Frequently, these trips are related to educational activities, such as those organized as a part of the Permanent University Programme, thus becoming a ludic way of satisfying the need to keep learning throughout our life.

TAKING CARE OF GRANDCHILDREN



Spain, along with other Southern European countries, is characterized by a model of intergenerational cohabitation with a noticeable family solidarity. This social conditioning leads to a high percentage of elderly people helping their children by taking care of their grandchildren, a practice that becomes a daily task that takes up a big part of their free time. The causes of this situation can also be found in the lack of an efficient policy for family and work life conciliation as well as in the current situation of economic crisis.

SURFING



One of the main hobbies of our country's youth is practicing sports. Physical activity occupies a big part of their time for leisure, be it individually or in groups, in the gym or outdoors. Going jogging or cycling, meeting to play tennis, soccer or basketball, skating, mountain sports or surfing: all of them are common practices that gather factors such as health care, social relationships and enjoyment.



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HAVING A SNACK WITH FRIENDS



Social interaction activities are of a high importance during this period, when peer groups gain relevance. Because of the need to interact with others, to exchange experiences and to communicate in a relaxed atmosphere, and also because of the mild Mediterranean weather, meeting with friends at cafe terraces to have a coffee or a snack or going out for *tapas* are deeply-rooted customs among the Spanish youth.

TOURIST TRIP



The concepts of tourism and leisure are closely related. Tourist trips are a common practice in all European countries, and we could even say that tourism is a worldwide cultural phenomenon. Millions of people, of all ages and social background, share this activity that leads to an encounter of different cultures and to personal improvement.



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TURKEY

BEYPAZARI KIZ TEKNİK VE MESLEK LİSESİ



BACKGAMMON GAME



Backgammon is a traditional and national game for Turks. Everywhere (at home, at work, at street...etc.) you can meet a couple of Turks who are playing backgammon in their leisure time. In Turkey, backgammon has been synonymous with the Turks that the one who doesn't know how to play backgammon are criticized by the others. Male, female, young people, old people, students, adults, in short everyone has the hobby of playing backgammon in our country. In the photograph the traditional game and the latest technological device of the century are blended. These two old men living in a small village by the sea, are playing backgammon via tablet computer.

RIDING MOTORCYCLE



In Turkey, cities are mostly constructed on plains and in general we have soft weather conditions even in winters. So, our cities are very available for cycling sports and cycling is very popular in Turkey. But thanks to the technological developments in the last two decades motorcycles have replaced bicycles. Nowadays people, especially the young boys, prefer riding motorcycles in order to have a sightseeing tour in the city for pleasure. The main purpose in these kinds of tours is to enjoy them. By the way, I want to share a negative common reality that has been taking place in Turkey. Although it is obligatory by laws, as it is seen in the photograph, most of the young riders in Turkey do not wear helmet during travelling on a motorcycle.

DAY OF GOLD



It is a very popular and common activity among women (especially the housewives) in Turkey. First of all, a group of close friends plan to visit each other in turns on a programmed day every month. Then they decide the exact amount of the gold which will be gifted to the landlady of the house that the meeting will take place. On the meeting date, the landladies of the house make at least 4 or 5 different foods (cakes, sandwiches, cookies, etc.) for her guests. In the afternoon, all members of the group come together in the same house. The landlady serves food and beverages to her guests. The ladies have both the things served to them and chat about the latest social events of the country. The meeting lasts till the evening and before leaving the house every guest presents the deal amount of gold to the landlady. Meetings keep on in turns once a month till everybody hosts the group members according to the schedule.



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HARMANDALI



Folk dances have a great deal of importance in Turkish culture in terms of carrying on the traditional customs of the past. Harmandali folk dances are, in general, the widespread folk dances of the Western Anatolia. Even in small cities, there are some Harmandali folk dance courses where people can spend their free time. Students who want to learn these dances join into the activities after school on weekdays or at the weekend. In general, learning the figures within the dances takes at least 3 months. In the end, participants join in national or international festivals and perform what they have learned in the courses.

HIKING IN THE NATURE (A COMMON ACTIVITY SHARED BY ALL COUNTRIES)



This is an activity which is done especially by well educated people in Turkey. Most of the academicians, doctors, engineers, teachers, businessmen and businesswomen prefer hiking in the nature on Sundays in their leisure time. They are the people who love nature and get bored with the negative aspects of the crowded cities. At a very early hour they start activity with a small picnic-breakfast and then they go to the mountains all together. After walking among the trees and exploring different things for at least 5-6 hours, the group members return to the start point. Then, they have picnic-lunch together and enjoy themselves with a lot of cups of tea which is made on wood fire.